

SEAFARERS HOSPITAL SOCIETY

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

SEAFARERS HOSPITAL SOCIETY

CONTENTS PAGE

FOR THE YEAR ENDED 31 DECEMBER 2022

CONTENTS	Page
Reference and Administrative Details of the Charity, its Trustees and Advisers	1
Chair's Statement	2
Trustees' Report	3
Independent Auditors' Report	28
Statement of Financial Activities	32
Balance Sheet	33
Notes to the Financial Statements	35

Trustees

Captain Kuba Szymanski, Chair
Sandy Nairne CBE FSA, Deputy Chair
Graham Lane FCA, Honorary Treasurer
Mark Carden
Tim Carter PhD FFOM MNM
Rupert Chichester MA
Mike Jess BEM MSc (Resigned 13 December 2022)
Frank Leonard MB ChB MSc MFOM RN (Rtd)
Charlotte Mendes da Costa MBBS MRCP
Captain Rachel Dunn MNM
Valerie Coleman (Resigned 20 January 2023)
David Appleton (from 1 May 2022)

Charity registered number

231724

Principal office

29 King William Walk, Greenwich, London, SE10 9HX

Chief Executive Officer

Sandra Welch

Independent auditors

Buzzacott LLP, 130 Wood Street, London EC2V 6DL

Bankers

Unity Trust Bank plc., Nine Brindley Place, 4 Oozells Square, Birmingham B1 2HE

Investment Manager

Bordier & Cie (UK) Plc, 23 King Street, St James's, London SW1Y 6QY

Honorary Archivist

Professor G C Cook MD DSc FRCP

During my first year as chair of the Seafarers Hospital Society I have seen and appreciated the great work done by the maritime charities to support seafarers and those who depend on them. I present to you the Annual Report of our work and impact in 2022.

With more than 200 years of history, Seafarers Hospital Society has a long-established tradition of supporting seafarers and works in partnership with other charities and to do this effectively and efficiently. The past year has been a most production one. With £684,689 spent on charitable activity, we continue to work to ensure that the wellbeing of the people we support is at the heart of everything we do.

While the much-anticipated large-scale need during the Covid-19 pandemic did not materialise, the current increases in the cost of living will impact seafarers, and fishermen in particular, especially those already finding it hard to make ends meet. The Society will continue to be flexible and responsive in the face of rising need in these uncertain times.

This work would not be possible without our partners across the maritime charity sector and most of all the staff and trustees of SHS. One of the great features of my role as chair of the Seafarers Hospital Society is that I have witnessed first-hand the dedication, determination and commitment of the staff to help seafarers and their families when they need it most. My personal thanks goes to them all!

Seafarers Hospital Society looks forward to continuing its mission – to look after seafarers and their families in 2023.



Captain Kuba Szymanski

Chair

Date 18 April 2023

Welcome to the Annual Report and Accounts for Seafarers Hospital Society for the year ended 31 December 2022.

Seafarers Hospital Society is an established maritime charity that has been looking after the health and welfare of seafarers since 1821. Throughout the past 200 years our basic mission and purpose has remained unchanged, but the way we provide support has changed substantially over the years.

We do this through the provision of health and welfare grants to seafarers and their dependants, and to the maritime organisations that care for them. We also support a number of other services solely for seafarers. The world is still battling the effects of COVID-19, and geo-political conflict and the people we support are also facing a cost-of-living crisis in the UK. We are pleased to report that we continue to support seafarers and those who depend on them, by providing much needed health, welfare and advice for seafarers of any nationality based in the United Kingdom.

A BRIEF OVERVIEW OF OUR HISTORY

Seafarers Hospital Society was founded in 1821, as the Seamen's Hospital Society, by a group of philanthropists in response to the increasing number of homeless and impoverished seafarers living on the streets of London after the Napoleonic wars. By then the Mercantile Marine, as it was known, was clearly demarcated from the Royal Navy but had none of the Navy's medical services to support its men. The health of the sailors in the merchant service had been almost entirely overlooked.

It was in response to this neglect that, in 1817-18, a group of philanthropists established a charity for distressed seamen. Originally called the Society for Distressed (Destitute) Seamen, in 1821 it became the Seaman's Hospital Society.

For the following fifty years thousands of merchant seamen were cared for by the Society on a succession of three ships. The second ship was the Dreadnought – a name that was retained, became synonymous with our services, and lives on today.

In 1870 the Dreadnought came ashore and operated for more than 100 years from the former Greenwich Hospital Infirmary as the Dreadnought Seaman's Hospital. Here the Dreadnought gained global recognition for its contribution to the understanding of tropical diseases such as cholera, typhoid and scurvy, which led to the establishment of the renowned London Hospital for Tropical Diseases.

From 1870 onwards, the Society both supported the work of the Dreadnought and developed a network of related services, from hospital and nursing care to residential care and support. The Hospital became part of the NHS in 1948. In 1986, with changes in the NHS and the decline of the merchant fleet in the United Kingdom, the Dreadnought Hospital was closed, and its work transferred to Guy's and St Thomas' Hospitals where seafarers continue to receive priority medical treatment from the Dreadnought Medical Service.

Today, SHS plays an essential role in meeting the health and welfare needs of seafarers. It provides health and welfare grants to seafarers and their dependants; grants to the maritime organisations that care for them; and supports a number of other services provided solely for seafarers.

Crises

Throughout the pandemic, the world's 1.9 million seafarers played a crucial role ensuring the flow of essential goods along supply chains and keeping the world's shipping and trade moving. However, as a result of some of the international traffic-related measures put in place to mitigate the health and health systems impacts of the spread of the virus, many seafarers are still unable to leave ships, remaining stranded at sea far beyond the expiration dates of their contracts and the default 11-month maximum period of continuous service on board, as required by the Maritime Labour Convention, 2006, (MLC, 2006). For the same reasons, some seafarers were unable to join ships to replace crews, resulting in significant loss of income and hardship for seafarers and their families. This crew change crisis caused significant anxiety and fatigue and consequently increased the risk of accidents in the shipping sector. While the number of seafarers who remain stranded decreased, more must be done to rectify the situation and alleviate the crisis. To continue positive developments, governments and industry need to remain vigilant and be proactive in their efforts to limit the effects of emerging variants on crew changes while safeguarding the health and wellbeing of seafarers and global communities.

Since the onset of the COVID-19 pandemic in 2020, a variety of different national and regional approaches have been developed to the introduction of COVID-19-related documents, and their format, to mitigate the spread of the virus in the context of international traffic. This poses numerous challenges related to the ability of border, immigration and public health authorities to verify and validate documents.

In 2020 The United Nations declared a humanitarian crisis for the hundreds of thousands of seafarers stranded at sea in the COVID-19 pandemic. Less than two years on and amidst the disturbing invasion of Ukraine, seafarers are once again subject to human rights violations and a threat to life.

The humanitarian crisis in Ukraine has further highlighted the vulnerability of seafarers in the global system.

SHS remains vigilant to the effects of crises on seafarers whilst remaining open and responsive in our approach to support seafarers who need assistance.

Activities

We have worked conscientiously to meet our mission in 2022, which is to 'Look after the health and welfare of seafarers and their families' by adapting and refining our service

provision, being flexible and responsive to needs, as well as forming collaborative partnerships to improve seafarers' welfare and wellbeing.

In 2022 Seafarers Hospital Society expended £ 684,689 on charitable activities, grant expenditure amounted to £372,630 and £158,764 was spent on direct costs. A further £153,295 was paid on support costs, representing staff time, publicity costs and other resources directly related to advising and assisting applicants, liaising with caseworkers and other charities, as well as advancing projects and development work, all in seeking to best serve the needs of seafarers. This sum included £21,678 spent on governance costs.

The Society continued its active collaboration and partnerships with the work of other maritime organisations, supporting and participating in initiatives to promote best practice and use of resources, notably within forums operating under the auspices of the Merchant Navy Welfare Board (MNWB) and the Maritime Charities Group (MCG).

During the year, the Society continued to support the delivery of the SeaFit Programme for fishers in collaboration with The Fishermen's Mission, including co-funding strategic elements of the project, and fast-track physiotherapy services.

In addition, the Society led on the development of some major mental health and wellbeing initiatives such as building on the results of the Meta study on Seafarer' Health and Wellbeing commissioned by Yale University entitled *Seafarers' Health – Research To Date and Current Practices* and the launch of Discussion Paper – *Seafarers' Health - On course for a Culture of Care*.

ACHIEVEMENTS AND PERFORMANCE

Grants to individuals

Seafarers Hospital Society seeks to provide a responsive and open approach when dealing with grant applications. Each case is carefully evaluated based on financial, personal need and eligibility criteria, while always seeking to review the overall picture either singly, or in conjunction with other maritime charities. The Society works closely with Seafarers Advice and Information Line (SAIL) to ensure that seafarers receive the most appropriate advice, and that the Society's funds are put to the best use, where benefit, debt, legal or other technical questions arise.

The assistance of caseworkers benefits seafarers greatly in helping to assess their needs holistically and complete their grant applications. This process is usually conducted in-person in their own homes by the caseworker. The Society values the assistance and collaboration it receives from caseworkers and colleagues from the Merchant Navy Welfare Board (MNWB), Soldiers, Sailors, Airmen and Families Association - Forces Help (SSAFA), the Shipwrecked

Mariners Society, The Fishermen's Mission, the Nautilus Welfare Fund, the Royal British Legion and other maritime agencies.

In 2022 the Society's dedicated staff team worked diligently to support seafarers requiring assistance. The Society worked closely with partners to ensure that grant applications were processed efficiently. In 2022 the Society awarded 314 grants to individuals, valued in total at £214,675 (2021: 402 grants valued at £253,677). The grants were awarded for disability aids and equipment such as electrically powered wheelchairs, riser/recliner chairs, as well as for essential household goods, clothing, payment of priority debts, urgent living expenses, respite breaks, funeral costs, and other pressing welfare requirements. This included 10 Covid related grants totalling £7,417. Which is lower than the 18 Covid-19 related grants totalling £56,318 in 2021.

In December 2020, a special Maritime Anchor Fund was set up for working merchant navy seafarers who were based in the UK and suffering financial hardship due to Covid-19. The Society awarded 8 grants totalling £4,940. The fund included financial support, benefits and debt advice from SAIL, grants from the Society, access to free relationship counselling from Relate and mental health and wellbeing advice and support from Togetherall funded by the Society. In the latter half of 2022 this grant was extended to assist MN seafarers who had been thrown into crisis due to the P&O Ferries redundancies.

In addition to this, a Nautilus Covid-19 hardship grant scheme was established in 2019, thanks to Nautilus International, for Nautilus members with Covid-19 related issues enabling, for example, members to apply for a hardship grant while waiting for a first benefit payment. The Society awarded 2 grants totalling £1,602. This too has been extended to assist MN officers who find themselves requiring additional support.

Physiotherapy

In 2022 we have seen a significant increase in the number of seafarers accessing this fast-track service. This in the main is due to the problems that seafarers and the general public have in accessing NHS services due to the pandemic.

In total, £28,970 was spent on physiotherapy services in 2022 attributed to the closure of all clinics in the first national lockdown. Additionally, more seafarers have accessed the free fast track service as there have been long waiting lists for NHS Physiotherapy services.

Seafarers accessed almost 800 free fast track physiotherapy sessions from our partners at Connect Health, Response Occupational health (from September 2022) and the Physiotherapy Network.

Preventative exercises help avoid injury caused by the physical demands and repetitive nature of work as a seafarer. Repetitive strain injuries and musculoskeletal issues, often caused by heavy lifting, are common long-term health issues reported by seafarers.

The risks of experiencing a work-related injury are high and accessing treatment while at sea is difficult. So SHS created six short exercise videos, led by a trained physiotherapist, to demonstrate exercises designed to reduce seafarers' risk of developing common injuries associated with the demands of their physical jobs. The exercises require no specialised equipment and can easily be performed in small spaces such as ship cabins.

Grants to Institutions

In 2022 a total of £157,955 was awarded to institutions (2021: £204,649). The sum included grants to the Seafarers' Advice & Information Line (SAIL) of £129,793, £10,000 to the MCG and £6,300 for the Admiral Nurse project at Mariners Park.

Maritime Charities Group (MCG)

The Society continued to participate in the work of the MCG whose vision is for the maritime charity sector to achieve the greatest possible impact for seafarers and their families. The MCG promotes collaboration by sharing information, commissioning research, supporting the education and welfare of seafarers and their families, and promoting best practice across the maritime charity sector. The members include Lloyds Register Foundation, The Seafarers Charity, the Merchant Navy Welfare Board, Greenwich Hospital, the International Transport Federation Seafarers Trust, Nautilus International Welfare Fund, the Royal Navy & Royal Marines Charity, Trinity House, and the TK Foundation.

Seafarers' Advice and Information Line (SAIL)

The Seafarers' Advice and Information Line (SAIL) continues to offer free, confidential and impartial advice and information to working and former UK-based seafarers and their dependants.

The advisers at SAIL understand the difficulties often faced by people who work at sea and those they leave onshore, and provide practical help and support in a number of ways.

The team includes a specialist money adviser who works with seafarers and their families to help them manage financial problems, and trains others to provide similar support.

In 2022, SAIL supported 993 new clients and dealt with 4,225 issues relating to debt, benefits, Universal Credit, housing and employment. It also achieved a total of £1,523,075 in financial successes for seafarers.

Dreadnought Medical Service

As the provider of a priority medical service for seafarers, the Dreadnought Medical Service at St Thomas' Hospital (part of the Guy's & St Thomas' NHS Foundation Trust (GSTT)) is the successor to the former Dreadnought Seamen's Hospital in Greenwich and the ultimate

successor, within the NHS, to the original hospital function of the Seafarers Hospital Society 200 years ago.

The Covid-19 pandemic continued to have a significant impact on the Service in 2022 as NHS England are dealing with long waiting lists.

The Society provides a degree of financial support by funding, where there is need, travel costs incurred when attending the hospital. In 2022 it provided grants totalling £763 for this purpose.

Members of the Industry Dreadnought Standing Joint Policy Committee, including the Society, Nautilus International, RMT and the Chamber of Shipping, with managers from GSTT in attendance, continue to monitor the performance of the Dreadnought. The uncertain provision of this priority service for working seafarers is ongoing, and the Committee has been working closely with GSTT to agree a way forward with the relevant Clinical Commissioning Groups and the NHS generally.

HEALTH DEVELOPMENT

The SeaFit Programme Overview 2022

The SeaFit Programme is jointly run by the Fishermen's Mission and Seafarers Hospital Society. The programme is designed to provide easier access to services that can improve the health and wellbeing of fishermen and their families. We develop collaborative methods in partnership with voluntary and statutory health teams, and other professional partners, to demonstrate alternative models of healthcare on the quayside where the fishermen work.

Activities include co-ordinating and commissioning a variety of healthcare services. Healthy Lifestyle Advisors are based in 3 main ports: Newlyn (Cornwall), Bridlington (East Yorkshire), and Peterhead (Aberdeenshire). They provide targeted support focusing on exercise, healthy eating, weight loss, smoking cessation, drug and alcohol addiction. Mental Health support is provided by Fairwinds in Cornwall and Fishwell in Norfolk and Suffolk, and we have a network of 14 Physiotherapists.

We also conduct specialised Health Events in ports throughout the UK. Each event is different depending on existing health and wellbeing assets at each location. Events could comprise of dental checks and treatment, NHS health checks, health screening, information on self-management of long-term conditions, physiotherapy, mental health support, cancer information and eyesight tests. Services are provided free of charge to fishermen and their families, with subsidised costs for follow on dental treatment.

Need

Commercial fishing is one of the most dangerous occupations in the world. Fishermen in the UK have a fatality rate which is 100 times higher than that of the general workforce and work-related injuries are common. (Source: Fishing Vessels Code of Practice, Regs 2016). Work is often physically strenuous, the hours long, unpredictable and anti-social, with fishermen dependent for their livelihood on the weather and the seasonal availability of fish. If they are not catching fish, they are not earning money, for example over the past few weeks we have seen very high winds, meaning the boats cannot go to sea, they are also dependent on demand-led sales and erratic market prices.

Given the unique pressures faced by the fishing industry, having to pre-book appointments, when not being able to plan for time off causes issues, as current health systems do not offer flexibility. Many fishermen, despite ill-health, will fail to consult health professionals and continue to work through pain or injury, exacerbating their condition, endangering their own and others' lives and increasing the risk of poor, long-term health outcomes in later life. Working irregular hours can also make prevention difficult, fishermen are also less likely to attend routine screening appointments. Several recent studies have confirmed our belief that the commercial fishing community face specific occupational health issues. The three most common diseases being heart, high blood pressure and circulation problems (54%), muscular or skeletal conditions (41%) and poor hearing or deafness (28%). (Navigating Change: A review of the UK Maritime Welfare Charity Sector, 2017).

The 'Fishing for a Future' report in 2017, found a significant number of ports demonstrated evidence of poor health among fishermen and the wider community, with over 50% of ports showing characteristics of health deprivation. Access to dental and mental health services were highlighted as being particularly difficult - nationally 48% of adults and 42% of children do not have access to an NHS dentist (NHSE). These numbers are now thought to be much higher, in Cornwall there is at least a 3-year waiting list for non-urgent NHS dental treatment. There are also shortages of NHS Dentists in many other areas of the UK, examples being Scarborough and Norfolk.

The dentists we've worked with have said that in some locations the oral health of the fishing population generally consists of gross neglect and is worse than those who are homeless. Most of the fishermen and family members treated by the dental teams had not accessed any dental care for years.

Some fishermen have been suffering from continual pain and infection, even when offered subsidised treatment they refused because they were either too scared, or too embarrassed by the state of their teeth. Others are not seeking treatment because they cannot find an NHS dentist, and there is no flexibility to fit around working requirements.

Insights and Learning

The SeaFit model has worked to obtain 'buy-in' from port users, staff, fishing associations, local businesses, and port offices. Using existing local networks, we have developed collaborative methods that demonstrate alternative models of practical healthcare delivery. These methods provide much needed flexible access by coming to the quayside, working around tides, shift, and seasonal fishing patterns, the likelihood of fishermen being in port and the availability of venues.

The Fishermen's Mission Port Staff and the SeaFit Programme Manager have been invaluable when engaging with fishermen to promote health events. Their local knowledge attracts support from other port users, and they are able to engage with fishermen and their families on the day. Port Staff often report that they see an increase in demand for further support, often picking up additional welfare needs after an event.

We have heard time and again from the fishermen that they would eventually 'pop-in' for a health check with our Healthy Lifestyle Advisors but would never have made an appointment at their GP surgery. For example, one of the events revealed that 11% of those examined had high blood pressure and 17% had a high risk of diabetes, they were then referred to a GP surgery.

The most requested service is for dental treatment, often when a fisherman has been in considerable pain for a long time. One of the biggest barriers in accessing dental treatment is being able to afford the cost, particularly when not having visited the dentist for a number of years. The amount of treatment can escalate into thousands of pounds, either for private or NHS treatment. The length of time it can take to get an appointment means that immediate and on-going dental needs are not taken care of, leading to worsening oral health, and even higher costs.

Snapshot of 2022

At the start of this year our first health event found us on the beach at Cromer, on a freezing January day. We were providing dental treatment, liver tests and mental health support, however we had also invited NHSE Director of Health Inequalities and Improvement, Dr. Bola Owolabi along to observe our work and to talk to the fishermen about why it is so difficult for them to access health services.

<https://www.england.nhs.uk/blog/helping-fishermen-to-stay-seafit/>

Since then, several GPs and outreach health providers have contacted us wanting to take services to quaysides. Cornwall and Devon have been particularly proactive, with the Fishing for Better Health project in Brixham, as are the Well Up North Primary Care Network in Northumberland and Healthwatch Northumberland providing GPs, Health and Wellbeing Coaches, Social Prescribers, Physios, vaccines.

Fishermen's Reunion events were held in Peterhead, with 82 active and retired fishermen and widows getting together to meet socially. And in Norfolk and Suffolk, we are also being included as a voice in Suffolk's Joint Health and Wellbeing Strategy.

September saw Seafit running a health event on the Isle of Skye in conjunction with the RNLI. The fun day was unfortunately cancelled due to the sad passing of our Queen, however we still went on to provide dental treatment for some of the local fishermen.

The beginning of November Seafit were at Shoreham port running a dental event and saw 13 fishermen, having to turn others away as we ran out of time. The need for dental treatment continues to grow, with fishermen often needing multiple extractions.

Our newest service is our new mental health text support service for fishermen. We have wonderful counsellors specialising in supporting fishermen, there is Fairwinds in Cornwall and Fishwell in Norfolk and Suffolk, but we needed to find a way of reaching other areas. SHOUT run by the Mental Health Innovation charity enables us to provide 24/7 free support using a confidential, service, by texting FISH to 85258

One of our major achievements is when a fisherman spoke to a Fishermen's Mission port staff and said the services SeaFit provide have saved his life.

In 2022 Seafit provided:

2544 Health Trainer engagements

174 NHS Health Checks

121 Health Checks at Events

33 Event days in 14 different ports

61 Dental checks

317 Mental Health Engagements, 46 Clients received counselling, 188 Counselling sessions

215 Physio clients, 721 sessions

Our collaborative methodologies demonstrate that alternative models of delivery can provide easier access, and consequently increase engagement with health services. Our health provider partners, and individual fishermen, have told us that there have been clear health benefits when using these models. Elements of the SeaFit Programme delivery may also have relevance for other hard to reach cohorts in coastal communities, for example Cornwall Council are looking at taking our model into the farming community. However, there is still a long way to go, in being able to change traditional mindsets, behaviours, and cultures.

Physiotherapy services

Throughout 2022 SHS funded free, fast-track physiotherapy to working UK based merchant navy seafarers and fishers through our Physiotherapy Network and partnership with Connect Health and latterly, Response Occupational Health, and its national partnership network of qualified physiotherapists. Initial assessment and advice are provided by telephone, after which a recommendation is made, for either face-to-face assessment and treatment by a local physiotherapist, or for a follow up by phone if the problem can be treated with exercise and advice.

The effectiveness of the Network and number of both fishers and merchant navy personnel accessing the service highlights the need for a responsive, flexible, proactive approach to rehabilitation. The offer of preventative advice and support has resulted in a positive improvement to the health of these seafarers and keeping them fit to work at sea.

Seafarers accessed almost 800 physiotherapy sessions. Where possible the network offers online consultations, exercise classes and self-help guides to keep working seafarers fit to work at sea.

In addition to this in June 2022 SHS collaborated with the Oceans Technology Group (OTG) to produce an online physiotherapy e-learning programme. OTG provides maritime professionals across the globe with digital learning and assessment solutions. The exercises are demonstrated and led by Physiotherapist Jen Cardew (Network Physiotherapist). In each video there will be a clear step-by-step guide of the best way to do these exercises and any tips and considerations.

The physiotherapist introduces each exercise and explains its purpose. The video's style is authentic – all professionally shot in the Physio's studio. The idea was to reflect the space a seafarer may have available on ship or at home. The exercises are simple but effective. They are also available on our website here <https://seahospital.org.uk/exercise-videos/>.

Togetherall

It is estimated that one in four people will experience a mental health problem in their lifetime, but evidence shows that many men are unlikely to seek help when they experience mental health issues. Seafarers are under more pressure than most and, of course, obtaining help is likely to be especially problematic given long spells at sea. This is why access to a virtual support service such as Togetherall is vital. The Society will continue to fund this much needed service to 2024 when we will review the service need and provision.

The Society has been using digital support to improve seafarer welfare through the provision of free access to Togetherall. This is an online mental health and wellbeing service for all active UK merchant navy seafarers and fishers and their families. The service is safe,

supportive, and anonymous, and is available 24/7 via an online portal on the Society's website. It includes information, support, and advice as well as self-help resources on a wide range of topics, with additional peer support and one-to-one counselling from trained counsellors. In addition to this Togetherall provide social media assets to help promote the service.

Take up of this important service was positive with 50 people accessing the service in 2022, the statistics below clearly demonstrate that those utilising the service offered through Togetherall maximise the resources and tools on offer.

Brighter Smiles Campaign in Newlyn Primary School

Despite the continued repercussions of the pandemic, in 2022 a total of 4,206 Cornish children have regularly engaged in our oral health programme of toothbrushing clubs, fluoride varnishing application and oral health education right across the county.

The virtual resources that our Brighter Smiles team created to support the oral health of local children and communities, keeping awareness high and helping to prevent decay during lockdown, remain popular:

- A series of four virtual oral health education sessions for children aged 4-6, each focusing on a different topic: the Functions of the Teeth; Toothbrushing; Tooth Decay; and Diet and Your Teeth. SHS had some lovely feedback on these and number of individual views per film in June 2022 were: Functions of teeth 256 (66% increase from last year), Toothbrushing 181 (58% increase), Decay 106 (54% increase), Diet 89 (62% increase).
- The short animation featuring Dylan the Dragon, commissioned from final year Plymouth University Media Arts student Daniel Mealing, to hold the attention of children aged 3-5 years and teach them about the importance of looking after their teeth has now been viewed 615 times (33% increase from last year). The animation can be viewed here: <https://smiletogether.co.uk/collaborating-creatively-for-brighter-smiles/>

In Newlyn School and Nursery in particular:

- Eighteen nursery children and 23 reception pupils are regularly participating in daily toothbrushing clubs with great excitement- they even have their own toothbrushing song.
- Applied fluoride varnish to 10 pupils (noting some were unable to participate due to asthma or allergy though we have made a positive service adaption due to a school parent, see later), and they have received their 1st and 2nd fluoride varnish applications this year.

- Planning a visit on June 2023 to deliver face-to-face oral health education to the remaining children in years 2, 3, 4, 5 and 6 which will be fantastic as the children and teachers are always very enthusiastic and ask lots of exceptionally good questions.
- When the oral health education is delivered to the entire school, approximately 180 pupils will be given oral health education packs for every pupil to take home (containing a toothbrush, toothpaste, 2-minute timer, toothbrushing chart, Top Tips and other educational resources).
- Packs for the Key Stage 2 children will contain an adult toothbrush made of 100% recyclable plastic and the provider use compostable potato starch bags for the packs instead of single-use plastic bags.
- Immediate positive outcomes of engagement are children wanting to swap squash and juice in their water bottles for water.
- A parent was disappointed that their child did not receive fluoride varnish due to a nut allergy. The provider sourced an alternative fluoride varnish suitable for children with such allergies, which the team will have for future eventualities.

The school really are so welcoming, supportive and flexible and willingly participated in the BBC filming for 'Coastal Communities' and then again for ITV Westcountry.

Many of their children and families don't regularly visit a dentist so the teachers remain enthusiastic about the Brighter Smiles programme which continues to receive positive feedback and participation from both pupils and parents.

An improved method for collecting feedback via Survey Monkey and comments have included:

- We are so pleased to start the Toothbrush Club up again after Covid. Thank you for the training and all of the resources
- It is a fun and engaging way to teach the children the importance of teeth brushing
- Children do enjoy brushing their teeth at school
- A fun session that engaged the children in the subject of looking after their teeth
- Reinforcement of key oral health practices - length of time to brush teeth, when best to eat snacks, sensible diet choices. Demonstration of tooth brushing made it really clear about the correct technique to use
- The team member explained oral health in a child friendly way and the children have since been able to recall that information and talk about the importance of oral health
- The children really enjoy their visits from The Brighter Smiles team. It is always pitched at the right level and the children really engage with the content
- Keep doing it! Super programme. Children love it and talk positively about their experiences and how important looking after your teeth is

- Regular visits mean it keeps key messages fresh in my thinking
- We learnt all about sugar bugs that live on our teeth and talked about what we can do to remove these and look after our teeth. Dylan the Dragon also taught the children not to be afraid of the dentist!

Specialist dementia nurse pilot at the Nautilus Welfare Fund's Mariners' Park

Seafarers Hospital Society part funded a specialist dementia (“Admiral”) nurse at Mariner’s Park, as a pilot project, to provide a service aimed at those with dementia, both residents on the site as well as providing outreach into the local community. Admiral Nurses work alongside people with dementia, their families, and carers, to provide one-to-one support, run support groups as well as providing expert guidance and practical solutions that people need. The project has been a success and the lessons arising from the project will be shared with other providers in the sector.

Seafarer Health Webinars

Seafarers Hospital Society has been looking after the health and welfare of seafarers and their families for more than 200 years, so knows how important it is for seafarers to stay fit and healthy at sea. Throughout 2022 the Society hosted a number of informative health webinars specifically for seafarers. These 30-minute webinars took place at noon on the last Wednesday of each month on topics such as cancer awareness, mental health, combatting fatigue, men’s health, financial health, and webinars offering health lifestyle advice.

Defibrillator pilot project

Through the SeaFit Programme, SHS became aware of fishermen suffering cardiac arrests whilst at sea. Knowing they often have an extensive wait before emergency treatment arrives, crew onboard the fishing vessels will attempt to save their colleagues lives’ by performing CPR. Sadly, this can often be unsuccessful and raised the question about the need for lifesaving defibrillator devices at seafarers’ centres, and on larger fishing boats with more than 2 crew. This also raised the reality of mental health trauma related to unsuccessfully saving a colleague’s life and having to return to shore with a dead body.

In the Chief Medical Officer’s Annual Report 2021: Health in Coastal Communities, Professor Chris Whitty reports on the prevalence of heart disease in coastal communities in the UK. The report draws attention to the higher burden of disease across a range of physical and mental health conditions in coastal communities. Partly driven by age structure, lifestyle, and partly by concentration of deprivation, however, even after accounting for these and other factors, there remains a ‘coastal excess’ of heart disease.

As part of our continued efforts to improve seafarer health, SHS launched a pilot Defibrillator Project funded by the NHS. The grant funding was a total of £9,950 and included placement of AED devices on 10 fishing boats and in 2 seafarer centres.

Emergency Dental Grants

The shortage of NHS dental appointments impacted people on low incomes hardest, as they are less likely to have dental treatment than those on higher incomes which essentially is driving health inequalities higher. Nationally there is limited funding for the provision of NHS dentistry, in Cornwall alone there are at least 48,000 patients waiting for an NHS dental appointment. There are continued regular requests from merchant navy seafarers and fishermen and their families as to how to find and access dental treatment. In certain regions in England people wait an average of 477 days to see a dentist. Many people can wait for years before their name comes to the top of that list and once it does, it doesn't necessarily mean they will be seen close to where they live - sometimes the NHS spaces that become available are elsewhere in the county. This is particularly difficult for seafarers as they may not be able to make the appointment due to being at sea and many cannot afford the immediate costs of private treatment. In this project, funded by the Merchant Navy Welfare Board we will provide Emergency dental grants to working MN seafarers and fishermen who need urgent dental treatment which they cannot access on the NHS.

Research Project

The report from our landmark research study conducted with the Yale University Maritime Research Center titled 'Seafarers Health: Research to Date and Current Practices', incorporates a review of the published literature on seafarer health and wellbeing, including recommendations to improve health and wellbeing among this population, practices implemented by the industry, as well barriers to full implementation. The final report released in September 2022 can be downloaded here <https://seahospital.org.uk/yale-university-report-seafarer-health-research-to-date-and-current-practice/>

As part of our ongoing efforts to improve crew health, the Seafarers Hospital Society launched a discussion paper titled 'Seafarers' Health: On Course for a Culture of Care' which outlines a data tracking framework for seafarer wellbeing.

Seafarers Hospital Society proposes this discussion paper as part of our strategy to enable clear, measurable, pragmatic changes to create a culture of care in shipping. The feedback we gather from seafarers will aid in offering tangible changes that ship owners and operators seeking to improve the physical and psychological health of staff working onboard their vessels can incorporate into their existing systems.

While numerous studies have been undertaken to improve life and work at sea, few of the resulting recommendations have been put into effect. Our landmark study, conducted with the Yale University Maritime Research Center, used two sets of roundtables with several industry stakeholders such as ship owners, ship operators, charterers, unions, P&I clubs and more to examine the gap between existing recommendations and their implementation: <https://seahospital.org.uk/culture-of-care-iskey-to-future-seafarer-health-and-welfaresays-seafarers-hospital-society/>

The literature review and roundtables established a core set of common health and wellbeing issues and the actions to resolve them; tangible, strategic interventions that are minimally disruptive and cost effective while having a marked effect on seafarer health and welfare. These have been translated into key performance indicators (KPIs), best practice, which can be utilised by maritime organisations to monitor the effectiveness of interventions intended to improve morale, life and work at sea.

Improved seafarer wellbeing will not be the only benefit as maritime companies implement these KPIs and associated changes. Greater wellbeing and job satisfaction are linked to increased recruitment and retention rates. This will ensure that the maritime industry not only attracts the talented and cutting-edge labour we need to transform our industry, but also retains vital industry knowledge.

The latter will reduce the high cost of training new employees and improve safety, as vessels operated by well-trained and informed crew have a lower probability of accidents and injuries. These KPIs establish a baseline for measuring how seafarer health and wellbeing is functioning, providing evidence for the companies that implement the changes and for other stakeholders including seafarers and their representatives, maritime trade unions, trustees, governments and the general public. Actionable data and measurable outcomes will also assist in demonstrating which interventions offer greatest, most immediate and most cost-effective gains.

The KPIs focus on creating a holistic culture of care based on the International Labor Organisation's (ILO) definition of decent work. This culture will encompass not only seafarers, but also the organisation itself, the environment and society. A paradigm shift to a culture of care needs long-term investment. The payoffs will be a significant improvement in the lives of seafarers and their families and, for companies, lower operating costs and better retention and recruitment - a win-win opportunity for the maritime industry.

We seek further feedback on these processes through focused discussions, roundtables, and working groups. Interested parties can read the discussion paper here and register their interest on the SHS website here <https://seahospital.org.uk/seafarers-health-on-course-for-a-culture-of-care/>.

STRATEGIC REVIEW AGENDA

The maritime and healthcare sectors are among those hardest hit by Covid-19. The pandemic has not only highlighted the need for health and social care provision, but also greater awareness of the health and wellbeing issues faced by seafarers. Against this backdrop and with this firmly in focus, SHS continued to focus its actions under the Strategic Review agenda following the approval of a revised Strategy in May 2019. A full strategic review for the Society is planned for Quarter 1 in 2023.

The Trustees embraced a new Communications Strategy in 2020, understanding that effective, integrated and coordinated communication was vital to carrying out the goal to achieve a healthier and more productive future for seafarers and their families.

Investment was required to meet the growing need for information, advice, and guidance, from both increasing capacity to the improved integration of available media: traditional media and marketing, social and online communications including Instagram and Tik Tok, health webinars, video resources, as well as health and emergency risk communications post Covid-19 and to help seafarers with the cost-of-living crisis.

The Trustees implemented a Safeguarding Policy in 2020 to ensure continuing compliance with regulations and best practice which is reviewed and updated annually. The Society has also appointed a Safeguarding Lead Trustee and the policy and procedures are reviewed annually.

The banking and financial record keeping arrangements remain unchanged with Unity Trust Bank who provide a secure range of electronic banking facilities which have increased efficiency of grant payments. Winchester Bourne Ltd continue to maintain the financial records of the Society and this also continues to improve efficacy.

The Society received Investors in People (IIP) accreditation in February 2017. A successful interim review took place in 2018 followed by a full assessment in June 2020 resulted in the Society retaining the IIP accreditation for a further three years. A successful review was conducted in June 2022.

Pension arrangements, compliant with auto enrolment requirements, have been in place at the Society since April 2017.

A Salesforce Database has been developed to modernise and simplify the grant making and physiotherapy grant processes. This ensures all GDPR requirements are met. The database went live in January 2022. The system enables the team to make grants efficiently. The Data Protection policy and procedures was updated and reviewed in 2022.

As part of the strategic review, the CEO wrote an Equity, Equality, Diversity and Inclusion (EEDI) Discussion Paper for Trustees, to begin the process of assessing and understanding of systems and culture of SHS, as well as how the Trustees analyse and define the importance of EEDI for the charity, its context and the delivery of its aims. The CEO is a member of the maritime charities EEDI working group, whose goal is for all maritime charities to create an inclusive work environment, a culture where everyone regardless of race, age, class, and creed can have a sense of belonging to be their true self – where their individual voices are heard by all as they make invaluable contributions to organisational growth. EEDI focuses on people – one of foundational pillars to every organisation achieving its vision and mission. Following positive discussions, representatives from the following maritime charities formed a EEDI working group: The Fishermen's Mission, MNWB, Queen Victoria Seamen's Rest, The Seafarers' Charity, Trinity House, and Seafarers Hospital Society. Members of the working group have meet regularly – the meetings have generated valuable discussion and ideas to help drive the groups aims forward. It is anticipated that this group will play a significant role to encourage good EEDI practice by collaboratively working with all willing Maritime Welfare Charities who are eager to do something positive to promote increasing EEDI within their respective organisations.

Archive

One of the hidden highlights of SHS's bicentennial celebrations in 2021 was the opportunity it afforded the Society to delve into its historical archive. The Society's records go right back to when it was founded in 1821 and contain many important documents which tell the story of the Society and its pioneering work in the field of maritime and tropical health and medicine.

In 2022, with the bicentenary over, the SHS archive was moved to a new home. Two hundred years' worth of SHS materials was transferred to the Wellcome Collection in central London. The Wellcome Collection, a free research library and museum dedicated to exploring health and human experience, was opened on Euston Road in 2007. Its mission is to build on the original aim of The Wellcome Trust which was set up following Henry Wellcome's death in 1936, with the aim of improving health through research. This ongoing aim will ensure that the newly acquired SHS archive will not only be well looked after but will also provide an accessible treasure trove of materials to a new generation of researchers.

In an effort to preserve our history further SHS began an Oral History Project, to capture seafarers' and fishermen's experiences and opinions of the health programmes that have supported them or indeed added to lives.

The Oral History project is first-hand evidence of our projects and programme which have been recorded, documented and will be archived to professional standards. The recordings will be preserved and made accessible for current and future generations. Additionally, the Oral histories will be shared as a resource in their own right and as human interest stories on our website.

Staffing

The Trustees are most grateful to all staff for their dedicated contribution to the work of the Society in 2022.

FUTURE PLANS

SeaFit

The Seafarers Hospital Society is proud to jointly fund the SeaFit Programme and the great strides it has taken over the past four years. Through our partnership with the Fishermen's Mission, SHS has achieved quantifiable improvements in both the physical and mental health of fishermen and their families thereby establishing a delivery model of health and wellbeing services to this hard-to-reach group.

The positive impact of the numerous services linked with the Programme, from healthy lifestyle advice and support to dental treatment and counselling, is undeniable. Health provider partners and the fishermen themselves have highlighted clear-cut health benefits, with many reporting improvements in their health and wellbeing over the course of the Programme.

Moreover, the SeaFit brand has become established and trusted within the fishing community and is now recognised and trusted in many fishing ports. The programme has successfully begun to influence health and wellbeing policy makers and service providers through key insights and is now seeing the lessons learnt from Seafit translated into planning for future provision. SHS is committed to a long-term partnership of this important and pioneering programme.

Health Development

Togetherall

Research indicates that more than 25 per cent of seafarers suffer from severe depression and almost six per cent of deaths at sea are attributed to suicide, but this figure has increased substantially during the COVID-19 pandemic. Under-reporting is a problem since some

suicides at sea may be recorded as fatal accidents. In the maritime industry, occupational health risks including psychosocial risks, were a concern prior to the COVID-19 pandemic. However, knowledge about the prevalence of mental health problems and the factors associated with them remain limited. In the context of an increased awareness about the importance of mental health and wellbeing at work, issues related to psychosocial risks experienced by seafarers have recently gained considerable traction. The Society funds Togetherall to offer a free, confidential online service to seafarers who need help with mental health and wellbeing issues.

Joining Togetherall provides something that has always been important for good mental health and wellbeing: a community for shared experiences and mutual support. The platform promotes a sense of belonging and connection through community.

This will continue and the Society will seek to find new ways of supporting seafarers' mental health in a holistic approach so that they can enjoy good mental health.

Physiotherapy

Working as a seafarer is one of the UK's most challenging jobs and the number of work-related injuries is high caused by the physical demands and repetitive nature of work as a seafarer. Time spent at sea means it can be difficult to get treatment, so Seafarers Hospital Society supports free, fast-track physiotherapy for working seafarers.

Following the Covid-19 Pandemic, it has become increasingly difficult for seafarers to access physiotherapy from the NHS due to the length of waiting lists for NHS treatment.

SHS has been funding fast track physiotherapy sessions for seafarers but the demand for these has doubled in the past six months. SHS received funding from the DFT via MNWB to:

1. Continue to provide these much-needed physiotherapy sessions in order to keep seafarers fit to work at sea.
2. To expand the size of our existing functioning network in order to extend the areas in which the service is offered nationally and to help more seafarers access physiotherapy.
3. Produce two videos featuring preventative exercises to reduce injuries, which seafarers can access online. These will be used online, in conjunction with four social media campaigns designed to promote increased musculoskeletal health in seafarers.

Defibrillator project

The British Heart Foundation reports that Sudden Cardiac Arrest (SCA) is a major cause of death in developed Western countries with an estimated 60,000 cases annually in the UK. In England, the ambulance service attempt resuscitation in approximately 25,000 cases per

annum. However, only rarely are they able to provide defibrillation early enough for the patient to survive. Most cases of SCA are due to Ventricular Fibrillation (VF), which is a shockable rhythm and could be returned to a normal sinus rhythm with the use of an Automated External Defibrillator (AED). Evidence presented in the Chief Medical Officer's Annual Report 2021: *Health in Coastal Communities*, the Chief Medical Officer reported on the prevalence of heart disease in coastal areas in the UK. The report demonstrates that coastal communities have a higher burden of disease across a range of physical and mental health conditions in particular coronary heart disease. Partly driven by age structure, lifestyle, partly by concentration of deprivation, even after accounting for these and other factors, there remains a 'coastal excess' of heart disease.

According to the British Heart Foundation, the single most influential factor in improving survival is treatment with a lifesaving defibrillation shock from an AED.

Conditions for defibrillation are optimal for only a few minutes after the onset of ventricular fibrillation and the best way of ensuring prompt defibrillation is having an AED nearby: AEDs are compact, portable, effective, require little maintenance and can be stored for long periods.

Seafarer physical health, welfare, and mental illness are ongoing challenges, this is an important area that requires attention and is one of the largest killers at sea. The occurrence of heart attacks and other similar health-related incidents, due to high blood pressure may not be a surprise given the increasing age of seafarers as essentially, common onshore 'middle-age' health problems are being taken to sea.

Building on the success of the pilot Defibrillator Project, SHS put together a project that would place AED devices in ports and seafarer centres. This project commenced in the latter half of 2022 and is to be completed in 2023.

The activities of this project include the purchase of defibrillators to be placed in 20 ports in the UK and will include webinars and social media campaigns to not only raise awareness about cardiovascular disease, but also to encourage health lifestyle choices to build sustainability and empower seafarers to take responsibility for their health. The project is funded by the DFT via the MNWB. This project is important as it can save lives.

Emergency Dental Grants

The shortage of NHS dental appointments has impacted people on low incomes hardest, meaning they are less likely to have dental treatment than those on higher incomes which essentially is driving health inequalities higher. Nationally there is limited funding for the provision of NHS dentistry, in Cornwall alone there are at least 48,000 patients waiting for

an NHS dental appointment. There are continued regular requests from Merchant navy seafarers and fishermen and their families as to how to find and access dental treatment. Devon and Cornwall patients are waiting an average of 477 days to see a dentist. Many people can sometimes wait for years before their name comes to the top of that list and once it does, it doesn't necessarily mean they will be seen close to where they live - sometimes the NHS spaces that become available are elsewhere in the county. This is especially difficult for seafarers as they may not be able to make the appointment due to being at sea and many cannot afford the immediate costs of private treatment. In this project we will continue to provide Emergency dental grants for working merchant seafarers and fishers who need urgent dental treatment which they cannot access on the NHS. This project will also include a dental health campaign, tailored to oral health issues faced by seafarers, to encourage sustainability of good oral health care. The project is funded by the DFT via MNWB.

FINANCIAL REVIEW

Financial Summary

The year under review proved to be interesting one for the Society from a financial perspective. Whilst the total deficit was relatively small the make-up highlighted some significant points.

The deficit (£326,727), prior to the effect of the change in value of investments, showed a significant decrease over the prior year (£690,190). Income was reduced due to Covid related funding in 2021 not being fully spent and a further fall in investment income as a direct result of the pandemic. Surprisingly the cost of grants to individuals fell in the year probably as a result of central government support for the effects of Covid. The cost of grants to institutions was increased to cover additional costs of running SAIL and to enable the major research project to go ahead. Direct Costs showed an increase arising from funding of the SeaFit programme. Included in the Support Costs are the costs of a new Grants database, increased publicity and costs for celebrating the bicentenary.

The value of the Society's investments at the year-end recovered so that by the year end the value amounted to £6,677,225 (2021: £7,683,733) after significant draw down of £635,000 to fund the activities of the Society. The overall decrease in funds for the year amounted to £801,682 (2021: £40,549).

Total funds at the year-end were £6,918,067 (2021: £7,719,749).

Policies on Investments and Reserves

Trustees are of the opinion that the funds provide a level of reserves sufficient to meet the current, anticipated levels of expenditure over a prolonged period, arising from the ongoing charitable activities. Trustees are also mindful of the necessity to maintain sufficient funds for future activities and regularly review the value of the investment portfolio so as to ensure that levels of expenditure can be maintained.

The Society's reserves are largely unrestricted funds but with some restricted funds. The Society's expenditure on assistance, support and governance costs is funded for the greater part from investment income and grant support. Any shortfall is met by drawing from investments provided that, in meeting shortfalls over time, the value of the investment assets is not diminished unduly, thus ensuring the continuance of the Society.

The Trustees Statement of Investment Principles states that the primary objective is to generate a total return on investments of at least £500,000pa net of fees. The secondary objective is to maintain, and if possible, enhance the real value of capital until the demands of the charity begin to reduce and ensure diversification with a view to minimising volatility within the specified risk mandate.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Society is a registered charity founded in 1821 and incorporated under Act of Parliament in 1833. The governing document comprises the 1833 Act as amended by the Charities (Seamen's Hospital Society) Order 1999 and now, primarily, by a Scheme the Trustees adopted on 29 July 2015, a copy of which is available from the Society. The Object of the Society is "the relief of seamen and seawomen of all nations within the United Kingdom of Great Britain and Northern Ireland and their immediate dependants (including widows, widowers and children of deceased seafarers) who through sickness, misfortune or age are in need of assistance and providing such persons with medical care and surgical aid, lodging, support and clothing."

The Society may also make grants to such other maritime charitable institutions with the same or similar objects to the Society as the Trustees shall think fit.

Organisational structure

The Trustees have responsibility under the Charities Act for the running of the Society and fulfilling all legal duties. The Trustee Board, comprising of a minimum of six Trustees, appoints Trustees for a term not exceeding five years. One fifth must retire each year and a Trustee may be re-appointed, normally for a maximum of three terms. A list of Trustees is shown on the Information page.

Trustees have appointed a Chair, Deputy Chair and Honorary Treasurer, in each case for a maximum term of five years. The quorum for Trustee Board meetings is twenty-five per cent of the number of Trustees. A Conflict of Interests Policy and a Safeguarding Policy have been adopted and their provisions are in place.

Decision making

The Trustees delegate specific matters to the Chief Executive Officer, agree an annual budget, determine limits of authority for expenditure under various heads, and approve signatories/authorisers on bank accounts. A Members' Handbook detailing these and other matters, including a code of conduct for Trustees, continues to be kept under review and includes role descriptions for the Trustees and Officers.

Recruitment and Appointment of New Trustees

The identification of potential new Trustees is carried out by the Trustees, the aim being to appoint those with expertise appropriate to carry on the Society's work. Apart from seeking those with seafaring and maritime backgrounds, those with medical or other qualifications, such as in finance or the law, are also sought to bring a wide expertise to bear in administering the Society's affairs.

On appointment, new trustees are given copies of key documents and provided with further induction in-house and, where appropriate, external training.

Risk Assessment

The established written analysis of risks to which the Society is exposed is reviewed annually by the Trustees. This analysis sets out the probability, seriousness, current precautions, and any further action to mitigate identified risks.

Principal risks relate to 1. Significant loss of funds because of poor performance by investment manager or bank or through collapse of the investment market 2. Corruption or loss of computer records by virus.

To mitigate significant loss of funds because of poor performance by the investment manager or bank, or through collapse of the investment market, the Investment Manager must adhere to the SHS Statement of Investment Principles, including asset allocation. This is reviewed annually and more frequently, if necessary, with advice taken from the investment manager in light of Covid-19 and other out of the ordinary events.

To mitigate corruption of computer records by virus User password protection is in place with multi factor authentication across all mailboxes, as well as full Sophos anti-virus protection in place on all computers and server, with regular updates.

OBJECTIVES AND ACTIVITIES FOR THE PUBLIC BENEFIT

Objects

The Society fulfils its Object principally through grant making and project work. It aims to maximise the impact of this activity through collaboration with the work of other maritime organisations, as well as through the Seafarers' Advice & Information Line (SAIL, established by SHS 25 years ago). With the assistance of SAIL, seafarers are able to gain greater financial or welfare benefit than would be possible through grant making alone. In addition to specific financial support for the users of the Dreadnought Medical Service at St Thomas' Hospital, the Society plays an active part in promoting the effective delivery of priority healthcare to seafarers.

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's documents on public benefit in determining the activities undertaken by the Society, and that, in fulfilling the Society's Object, the identified benefits set out in this Report are, as required, provided to a section of the public.

Statement of Trustees' responsibilities

The Trustees are responsible for preparing the Trustees' Report and the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England and Wales requires the Trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that year.

In preparing these accounts, the Trustees are required to:

- select suitable accounting policies and then apply them consistently; observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts; and
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping sufficient accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the 2015 Scheme approved by the Charity Commission. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to the auditor

Each of the Trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

This report was approved by the Trustees, on 18 April 2023 and signed on their behalf by:

A handwritten signature in black ink, appearing to read 'Kuba Szymanski', written in a cursive style.

Kuba Szymanski (Chair)

INDEPENDENT AUDITORS' REPORT TO THE TRUSTEES OF THE SEAFARERS HOSPITAL SOCIETY

FOR THE YEAR ENDED 31 DECEMBER 2022 (Continued)

OPINION

We have audited the financial statements of Seafarers Hospital Society for the year ended 31 December 2022 which comprise the Statement of Financial Activities, the Balance Sheet, and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- ◆ give a true and fair view of the state of the charity's affairs as at 31 December 2022 and of the charity's net movement in funds for the year then ended;
- ◆ have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- ◆ have been prepared in accordance with the requirements of the Charities Act 2011.

BASIS FOR OPINION

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder. We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

CONCLUSIONS RELATING TO GOING CONCERN

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

OTHER INFORMATION

The trustees are responsible for the other information. The other information comprises the information included in the annual report and financial statements, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the

INDEPENDENT AUDITORS' REPORT TO THE TRUSTEES OF THE SEAFARERS HOSPITAL SOCIETY

FOR THE YEAR ENDED 31 DECEMBER 2022 (Continued)

work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

MATTERS ON WHICH WE ARE REQUIRED TO REPORT BY EXCEPTION

We have nothing to report in respect of the following matters in relation to which the Charities Act 2011 requires us to report to you if, in our opinion:

- ◆ the information given in the trustees' annual report is inconsistent in any material respect with the financial statements; or
- ◆ sufficient accounting records have not been kept; or
- ◆ the financial statements are not in agreement with the accounting records and returns; or
- ◆ we have not received all the information and explanations we require for our audit.

RESPONSIBILITIES OF TRUSTEES FOR THE FINANCIAL STATEMENTS

As explained more fully in the trustees' responsibilities statement set out on page 39, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

AUDITOR'S RESPONSIBILITIES FOR THE AUDIT OF THE FINANCIAL STATEMENTS

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

How the audit was considered capable of detecting irregularities including fraud

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- ◆ The engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- ◆ We identified the laws and regulations applicable to the charity through discussions with management and trustees and from our knowledge and experience of the charity sector;
- ◆ We focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the activities of the charity. These included but were not limited to the Charities Act 2011; and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to

INDEPENDENT AUDITORS' REPORT TO THE TRUSTEES OF THE SEAFARERS HOSPITAL SOCIETY

FOR THE YEAR ENDED 31 DECEMBER 2022 (Continued)

charities preparing their financial statements in accordance with the Financial Reporting Standard applicable to the United Kingdom and Republic of Ireland (FRS 102) (effective 1 January 2019); and

- ◆ We assessed the extent of compliance with laws and regulations identified above by making enquiries of management and representatives of the trustees and review of the minutes of trustees' meetings.

We assessed the susceptibility of the charity's financial statements to material misstatement, including how fraud might occur by:

- ◆ Making enquiries of management and representatives of the trustees as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected, and alleged fraud; and
- ◆ Considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations.

To address the risk of fraud through management bias and override of controls, we:

- ◆ Performed analytical procedures to identify any unusual or unexpected relationships;
- ◆ Tested and reviewed journal entries to identify unusual transactions;
- ◆ Tested the authorisation of expenditure;
- ◆ Tested the implementation of key financial controls;
- ◆ Assessed whether judgements and assumptions made in determining the accounting estimates were indicative of potential bias; and
- ◆ Investigated the rationale behind significant or unusual transactions.

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- ◆ Agreeing financial statement disclosures to underlying supporting documentation;
- ◆ Reading the minutes of meetings of trustees; and
- ◆ Enquiring of as to actual and potential litigation and claims.

There are inherent limitations in our audit procedures described above. The more removed that laws and regulations are from financial transactions, the less likely it is that we would become aware of non-compliance. Auditing standards also limit the audit procedures required to identify non-compliance with laws and regulations to enquiry of the trustees and other management and the inspection of regulatory and legal correspondence, if any.

Material misstatements that arise due to fraud can be harder to detect than those that arise from error as they may involve deliberate concealment or collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial


INDEPENDENT AUDITORS' REPORT TO THE TRUSTEES OF THE SEAFARERS HOSPITAL SOCIETY

FOR THE YEAR ENDED 31 DECEMBER 2022 (Continued)

Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

USE OF OUR REPORT

This report is made solely to the charity's trustees, as a body, in accordance with section 144 of the Charities Act 2011 and regulations made under section 154 of that Act. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an Auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity's trustees as a body for our audit work, for this report, or for the opinions we have formed.


.....

Buzzacott LLP
130 Wood Street
London
EC2V 6DL
Date: 02 June 2023

Buzzacott LLP are eligible to act as auditors in terms of section 1212 of the Companies Act 2006.

SEAFARERS HOSPITAL SOCIETY

STATEMENT OF FINANCIAL POSITION

FOR THE YEAR ENDED 31 DECEMBER 2022

Notes		Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £
INCOME FROM							
Donations and grants	2	1,905	247,610	249,515	6,298	8,053	14,351
Other income	3	-	5,000	5,000	-	15,000	15,000
Investments	4	143,886	-	143,886	148,125	-	148,125

					--		
TOTAL INCOME		145,791	252,610	398,401	154,423	23,053	177,476

					--		
EXPENDITURE ON:							
Raising funds:							
Investment management fees		39,593	-	39,593	41,061	-	41,061
Charitable activity:							
Grants to institutions	5	142,612	15,343	157,955	189,649	15,000	204,649
Grants to individuals	5	208,133	6,542	214,675	230,441	23,226	253,667
Direct costs	6	154,204	4,560	158,764	170,212	2,880	173,092
Support costs	7	153,295	-	153,295	195,198	-	195,198

TOTAL EXPENDITURE		697,837	26,445	724,282	826,561	41,106	867,667

NET EXPENDITURE BEFORE INVESTMENT (LOSSES)/GAINS							
		(552,046)	226,165	(325,881)	(672,138)	(18,053)	(690,191)
Transfers between funds		(1,530)	1,530	-	5,173	(5,173)	-
Net (losses)/gains on investments	11	(475,801)	-	(475,801)	649,642	-	649,642

					--		
NET MOVEMENT IN FUNDS		(1,029,377)	227,695	(801,682)	(17,323)	(23,226)	(40,549)
RECONCILIATION OF FUNDS:							
Total funds brought forward		7,678,725	41,024	7,719,749	7,696,048	64,250	7,760,298

TOTAL FUNDS CARRIED FORWARD		6,649,348	268,719	6,918,067	7,678,725	41,024	7,719,749
		=====	=====	=====	=====	=====	=====

SEAFARERS HOSPITAL SOCIETY
STATEMENT OF FINANCIAL POSITION
FOR THE YEAR ENDED 31 DECEMBER 2022

	Notes	£	2022 £	£	2021 £
FIXED ASSETS					
Tangible assets	10		21,702		36,982
Investments	11		6,677,225		7,683,733
			6,698,927		7,720,715
CURRENT ASSETS					
Debtors	12		5,913		4,263
Cash at bank and in hand			232,619		44,405
			238,532		48,668
CREDITORS					
Creditors: Amounts falling due within one year	13		(19,392)		(49,634)
NET CURRENT ASSETS / (LIABILITIES)					
			219,140		(966)
NET ASSETS					
			6,918,067		7,719,749
CHARITY FUNDS					
Unrestricted funds	15		6,654,348		7,678,725
Restricted funds	15		263,719		41,024
TOTAL FUNDS					
			6,918,067		7,719,749

The financial statements on pages to were approved by the trustees on 18 April 2023 and signed on their behalf by:



.....
 Captain K Szymanski , Chair



.....
 Mr G Lane FCA, Honorary Treasurer

The notes on pages 34 to 45 form part of these financial statements.

SEAFARERS HOSPITAL SOCIETY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

1. ACCOUNTING POLICIES

1.1 Basis of preparation of financial statements

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant notes to these accounts. The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) second edition effective 1 January 2019 (Charities SORP (FRS 102)) and Financial Reporting Standard applicable the United Kingdom and Republic of Ireland (FRS 102) and Charities Act 2011.

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published on 16 July 2014 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which has since been withdrawn.

Seafarers Hospital Society constitutes a public benefit entity as defined by FRS 102.

1.2 Going concern

At the time of approving the financial statements, given the level of reserves and with reference to the future cash flow projections, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the accounts.

1.3 Income

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received, and the amount of income receivable can be measured reliably.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the trust that a distribution will be made or when a distribution received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably, and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of granting a probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

1.4 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity.

SEAFARERS HOSPITAL SOCIETY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

1. ACCOUNTING POLICIES (continued)

1.4 Expenditure (continued)

Support costs, including governance costs, are those costs incurred directly in support of expenditure on the objects of the charity, which comprise costs for processing grants and applications, including support to actual and potential applicants, and an apportionment of overhead costs. Governance costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

Where costs cannot be directly attributed to either of these two categories, an apportionment is made based on staff activity levels. Costs that are directly attributable to restricted funds are charged against the relevant fund. Support costs not directly attributable to restricted funds are allocated on a reasonable basis as approved by the trustees.

Costs of generating funds are third party costs incurred through managing the investment assets.

Charitable activities are costs incurred on the charity's operations, including support costs and costs relating to the governance of the charity apportioned to charitable activities.

Grants payable are charged in the year when the offer is made except in those cases where the offer is conditional, such grants being recognised as expenditure when the conditions attaching are fulfilled. Grants offered subject to conditions which have not been met at the year end are noted as a commitment, but not accrued as expenditure.

All expenditure is inclusive of irrecoverable VAT.

1.5 Tangible fixed assets and depreciation

Fixed assets are only capitalised where their cost, either individually or as a functional set, exceeds £3,000.

A review of impairment of a fixed asset is carried out if events or changes in circumstances indicate that the carrying value of any fixed asset may not be recoverable. Shortfalls between the carrying value of fixed assets and their recoverable amounts are recognised as impairment losses in the Statement of Financial Activities.

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases.

Office leasehold costs	Straight line over the life of the lease to 2024
Fixtures and fittings	15% straight line
Computer equipment and website	25% years straight line
Other fixed assets	Held at previous valuation less impairment losses

No depreciation is charged on selected furniture and fixtures, shown under the other fixed assets, as the current for value of these assets is dependent upon length of ownership. Therefore a policy of no depreciation is appropriate. The selected furniture and fixtures are reviewed for impairment at each balance sheet date and any impairment losses are provided for, or reversed if appropriate.

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

SEAFARERS HOSPITAL SOCIETY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

1. ACCOUNTING POLICIES (continued)

1.6 Investments

Fixed asset investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the Balance Sheet date, unless fair value cannot be measured reliably in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised, are combined and shown in the heading 'Net gains/(losses) on investments' in the Statement of Financial Activities.

1.7 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepared net of any trade discounts due.

1.8 Cash at Bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.9 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance Sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the charity anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the item value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risk specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

1.10 Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

1.11 Pensions

The charity contributes to a defined contribution pension scheme and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

1.12 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

SEAFARERS HOSPITAL SOCIETY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

1. ACCOUNTING POLICIES (continued)

1.13 Employee benefits

The cost of any material unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the Society is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

2. INCOME FROM DONATIONS AND GRANTS

	Total Funds 2022 £	Total Funds 2021 £
Donations (to unrestricted funds)	1,905	6,298
Grants (to restricted funds as below)	247,610	8,053
	249,515	14,351
	=====	=====
Analysis of grant income (restricted funds)		
Seafarers UK (Fishing Project)	-	5,173
Trinity House (Room hire)	4,560	2,880
NHS Defibrillator Grant	9,950	-
MNWB Defibrillator Grant	56,000	-
MNWB Emergency Dental Grant Scheme	30,000	-
MNWB Physiotherapy Project	147,100	-
	247,610	8,053
	=====	=====

3. OTHER INCOME

	Total Restricted Funds 2022 £	Total Restricted Funds 2021 £
Reimbursement for SAIL accommodation costs	5,000	15,000
	5,000	15,000
	=====	=====

SEAFARERS HOSPITAL SOCIETY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

4. INVESTMENT INCOME

	Total Unrestricted Funds 2022 £	Total Unrestricted Funds 2021 £
Investment income	143,866	148,125
	143,866	148,125

5. ANALYSIS OF GRANTS PAYABLE

	Total Funds 2022 £	Total Funds 2021 £
Grants to institutions		
Seafarers Advice and Information Line (SAIL) (unrestricted funds)	129,793	158,349
MCG development programme (unrestricted funds)	10,000	10,000
Health Develop Project Costs		
Nautilus Welfare dementia nurse (unrestricted funds)	6,300	6,300
Research Project (unrestricted funds)	(3,481)	30,000
NHS Defibrillator Project (restricted funds)	11,480	-
MNWB Defibrillator Project (restricted funds)	3,863	-
Total grants to institutions	157,955	204,649
Grants to individuals		
General welfare assistance (unrestricted funds)	178,116	201,042
Physiotherapy (Connect) (unrestricted funds)	1,239	6,221
Physiotherapy (Harbourside network) (unrestricted funds)	27,730	22,305
Dreadnought medical service – patient travel expenses (unrestricted funds)	1,048	873
SF UK – Anchor Fund (restricted funds)	4,940	21,276
COVID-19 (restricted funds)	1,602	1,950
Total grants to individuals accounts total is 214675	214,675	253,667
Total grants payable	372,630	458,316

During the year, there was a continuing number of grants made with respect to the pandemic.

A total of 10 grants were made via SHS, TSC – Anchor Fund and the Nautilus COVID-19 fund totalling £7,417.

SEAFARERS HOSPITAL SOCIETY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

6. DIRECT COSTS

	Total Funds 2022 £	Total Funds 2021 £
<i>Unrestricted funds</i>		
Wages and salaries	119,982	113,419
SeaFit project (excluding salary and travel costs)	26,397	48,793
TogetherAll	5,825	6,000
Smile dental project	2,000	2,000
<i>Restricted funds</i>		
Trinity House (room hire)	4,560	2,880
	158,764	173,092
	=====	=====

7. SUPPORT COSTS

	Total Unrestricted Funds 2022 £	Total Unrestricted Funds 2021 £
Wages and salaries	36,934	36,470
Office costs	12,434	23,829
Building running and maintenance	13,491	15,397
Publicity costs	20,078	22,761
Legal and professional costs	23,042	21,734
Travel and subsistence	781	699
Staff recruitment, training and HR support	5,368	4,247
Depreciation	15,208	15,210
Bicentenary	4,281	28,618
Governance costs (See below)	21,678	26,233
	153,295	195,198
	=====	=====

Governance costs

Auditors' remuneration – audit	10,000	9,300
Accountancy and professional fees	1,440	1,440
Wages and salaries	9,148	7,464
Trustees' expenses	1,090	8,029
	21,678	26,233
	=====	=====

Trustee expenses in 2021 included £7,200 in respect of the costs of seeking a new Chairperson for 2022.

SEAFARERS HOSPITAL SOCIETY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

8. AUDITORS' REMUNERATION

	2022	2021
	£	£
Fees payable to the charity's auditor and its associates for the audit of the charity's annual accounts	10,000	9,300
Fees payable to the charity's auditor and its associates in respect of all other non-audit services not included above	1,440	1,440
	<u>=====</u>	<u>=====</u>

9. STAFF COSTS

Staff costs were as follows:

	2022	2021
	£	£
Wages and salaries	144,830	135,740
Social security costs	10,343	9,674
Other pension costs	10,890	11,939
	<u>=====</u>	<u>=====</u>
	166,063	157,353

The average number of persons employed by the charity during the year was as follows:

	2022	2021
	No.	No.
	4	4

The number of employees who received remuneration amounting to between £60,000-£70,000 was one (2021: one between £60,000 -£70,000).

The total costs in relation to remuneration of key management personnel was £83,263 (2021: £82,796).

During the year, no trustees received any remuneration (2021: £Nil) or any benefits in kind (2021: £Nil).

3 trustees received reimbursement of travel and subsistence expenses amounting to £1,090 in the current year (2021 – 3 trustees - £829).

SEAFARERS HOSPITAL SOCIETY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

10. TANGIBLE FIXED ASSETS

	Office leasehold costs £	Fixtures and fittings £	Computer equipment & website £	Other fixed assets £	Total £
Cost					
At 1 January 2022	69,126	16,398	28,631	47,125	161,280
Additions	-	-	-	-	-
Disposals	-	-	(72)	-	(72)
At 31 December 2022	<u>69,126</u>	<u>16,398</u>	<u>28,559</u>	<u>47,125</u>	<u>161,208</u>
Depreciation and Impairment					
At 1 January 2022	50,084	10,072	17,018	47,124	124,298
Charge for the year	6,352	4,099	4,757	-	15,208
31 December 2022	<u>56,436</u>	<u>14,171</u>	<u>21,775</u>	<u>47,124</u>	<u>139,506</u>
Net book value					
At 31 December 2022	<u>12,690</u>	<u>2,227</u>	<u>6,784</u>	<u>1</u>	<u>21,702</u>
At 31 December 2021	<u>19,042</u>	<u>6,326</u>	<u>11,613</u>	<u>1</u>	<u>36,982</u>

11. FIXED ASSET INVESTMENTS

Market value	Listed Securities £	Cash £	Total £
At 1 January 2022	7,618,777	64,956	7,683,733
Additions	1,646,909	-	1,646,909
Disposals at book value (proceeds £2,177,838, realised loss £109,070)	(2,286,908)	-	(2,286,908)
Net unrealised losses	(366,731)	-	(366,731)
Other cash movements	-	222	222
At 31 December 2022	<u>6,612,047</u>	<u>65,178</u>	<u>6,677,225</u>

The cost of Listed Securities at 31 December 2022 was £6,189,540 (2021 £6,634,010).

The post balance sheet movement on investments amounts to a rise in the market value of investments of £42,401 to £6,719,626 as at 28 February 2023.

SEAFARERS HOSPITAL SOCIETY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

12. DEBTORS

	2022	2021
	£	£
Prepayments and accrued income	5,913	4,263
	5,913	4,263

13. CREDITORS: Amounts falling due within one year

	2022	2021
	£	£
Accruals	13,208	35,070
Other taxation and social security	3,658	3,855
Trade and other creditors	2,526	10,709
	19,392	49,634

14. FINANCIAL INSTRUMENTS

	2022	2021
	£	£
Financial assets measured at fair value through income and expenditure	6,677,225	7,683,733

Financial assets measured at fair value through income and expenditure comprise listed investment assets.

SEAFARERS HOSPITAL SOCIETY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

15. STATEMENT OF FUNDS

CURRENT YEAR	Balance at 1 January 2022 £	Income £	Expenditure £	Transfers In/(out) £	Gains/ (Losses) £	Balance at 31 December 2022 £
Unrestricted funds						
General Funds	7,678,725	149,945	(697,837)	(1,530)	(474,955)	6,654,348
Restricted funds						
Seafarers UK (Anchor fund)	28,724	-	(4,940)	-	-	23,784
Nautilus COVID-19 support	12,300	-	(1,602)	-	-	10,698
Reimbursement for SAIL accommodation costs	-	5,000	(5,000)	-	-	-
Trinity House (Room hire)	-	4,560	(4,560)	-	-	-
NHS Defibrillator Project	-	9,950	(11,480)	1,530	-	-
MNWB Defibrillator Project	-	56,000	(3,863)	-	-	52,137
MNWB Emergency Dental Grant Scheme	-	30,000	-	-	-	30,000
MNWB Physio Extension / Provision	-	147,100	-	-	-	147,100
	<u>41,024</u>	<u>252,610</u>	<u>(31,445)</u>	<u>1,530</u>	<u>-</u>	<u>263,719</u>
Total of funds	<u><u>7,719,749</u></u>	<u><u>402,555</u></u>	<u><u>(729,282)</u></u>	<u><u>-</u></u>	<u><u>(474,955)</u></u>	<u><u>6,918,067</u></u>

Seafarers UK - Anchor fund is for the provision of support grants to serving seafarers affected by COVID.

Nautilus COVID-19 support grant was received to fund hardship grants for Nautilus members with Covid-19 related issues.

The reimbursement for SAIL accommodation reflects the use of the societies support resources.

The Trinity House (room hire) grant is received to cover the Society's annual meeting costs.

The NHS Defibrillator Project was for the purchase of 10 defibrillators total funding £9950.

The MNWB Defibrillator Project is to purchase and place 20 defibrillators in ports and set up healthy lifestyle campaigns, total funding £56,000.

The MNWB Emergency Dental Grant Scheme is to provide emergency treatment for seafarers who cannot access dental treatment on the NHS, total funding £30,000.

The MNWB Physiotherapy Extension and Provision Project is to extend the current Physiotherapy network and provide fast-track physiotherapy, total funding £147,100.

SEAFARERS HOSPITAL SOCIETY

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

STATEMENT OF FUNDS (continued)

PRIOR YEAR	Balance at January 2021 £	Income £	Expenditure £	Transfers In/(out) £	Gains/ (Losses) £	Balance at December 2021 £
						1
						31
Unrestricted funds						
General Funds	7,696,048	154,423	(826,561)	5,173	649,642	7,678,725
			-			
Restricted funds						
Seafarers UK (Anchor fund)	50,000	-	(21,276)	-	-	28,724
Nautilus COVID-19 support	14,250	-	(1,950)	-	-	12,300
Seafarers UK (Fishing project)	-	5,173	-	(5,173)	-	-
Reimbursement for SAIL accommodation costs	-	15,000	(15,000)	-	-	-
Trinity House (Room hire)	-	2,880	(2,880)	-	-	-
	<u>64,250</u>	<u>23,053</u>	<u>(41,106)</u>	<u>(5,173)</u>	<u>-</u>	<u>41,024</u>
Total of funds	<u><u>7,760,298</u></u>	<u><u>177,476</u></u>	<u><u>(867,667)</u></u>	<u><u>-</u></u>	<u><u>649,642</u></u>	<u><u>7,719,749</u></u>

SEAFARERS HOSPITAL SOCIETY**NOTES TO THE FINANCIAL STATEMENTS****FOR THE YEAR ENDED 31 DECEMBER 2022**

15. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £
CURRENT YEAR			
Tangible fixed assets	21,702	-	21,702
Fixed asset investments	6,677,225	-	6,677,225
Current assets	(25,187)	263,719	238,532
Current liabilities	(19,392)	-	(19,392)
	<u>6,654,348</u>	<u>263,719</u>	<u>6,918,067</u>
	=====	=====	=====
	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £
PRIOR YEAR			
Tangible fixed assets	36,982	-	36,982
Fixed asset investments	7,683,733	-	7,683,733
Current assets	7,644	41,024	48,668
Current liabilities	(48,194)	-	(48,194)
	<u>7,680,165</u>	<u>41,024</u>	<u>7,721,189</u>
	=====	=====	=====

16. PENSION COMMITMENTS

The charity contributes to a defined contributions pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost charge represents contributions payable by the charity to the fund and amounted to £10,890 (2021: £11,939). Contributions totalling £nil (2021: £nil) were payable to the fund at the balance sheet date.

17. RELATED PARTY TRANSACTIONS

There were no disclosable related party transactions during the year (2021: none).